

CHAP + AP

Collingwood



Collingwood & Involvement

- Originally part of the 2006 CHAP study
- Nilusha Premasinghe, General Manager of the Collingwood YMCA approached Dr. O'Halloran to be the lead physician once again for CHAP + AP. Then talked to Marie LaRose, Executive Director of the Georgian Bay Family Health Team (GBFHT).
- GBFHT was in beginning stages of offering a hypertension clinic, with goal of reaching targeted population of Simcoe County (Collingwood, Wasaga Beach, Stayner, Creemore) with high normal blood pressure or newly diagnosed with hypertension.
- Decided that the YMCA and GBFHT could offer the community a beneficial program thus forming the partnership.

Members of the Team

- Dr. OdHalloran . Lead Physician
- Nilusha Premasinghe- General Manager
Collingwood YMCA
- Marie LaRose- Executive Director with Georgian
Bay Family Health Team
- Andree Cote- RN, Screening and Health
Promotion with the GBFHT
- Angela Draper . RN, Wound Care Management
with the GBFHT
- Cheryl Pinnell . Certified Athletic Therapist,
CHAP Coordinator for Collingwood

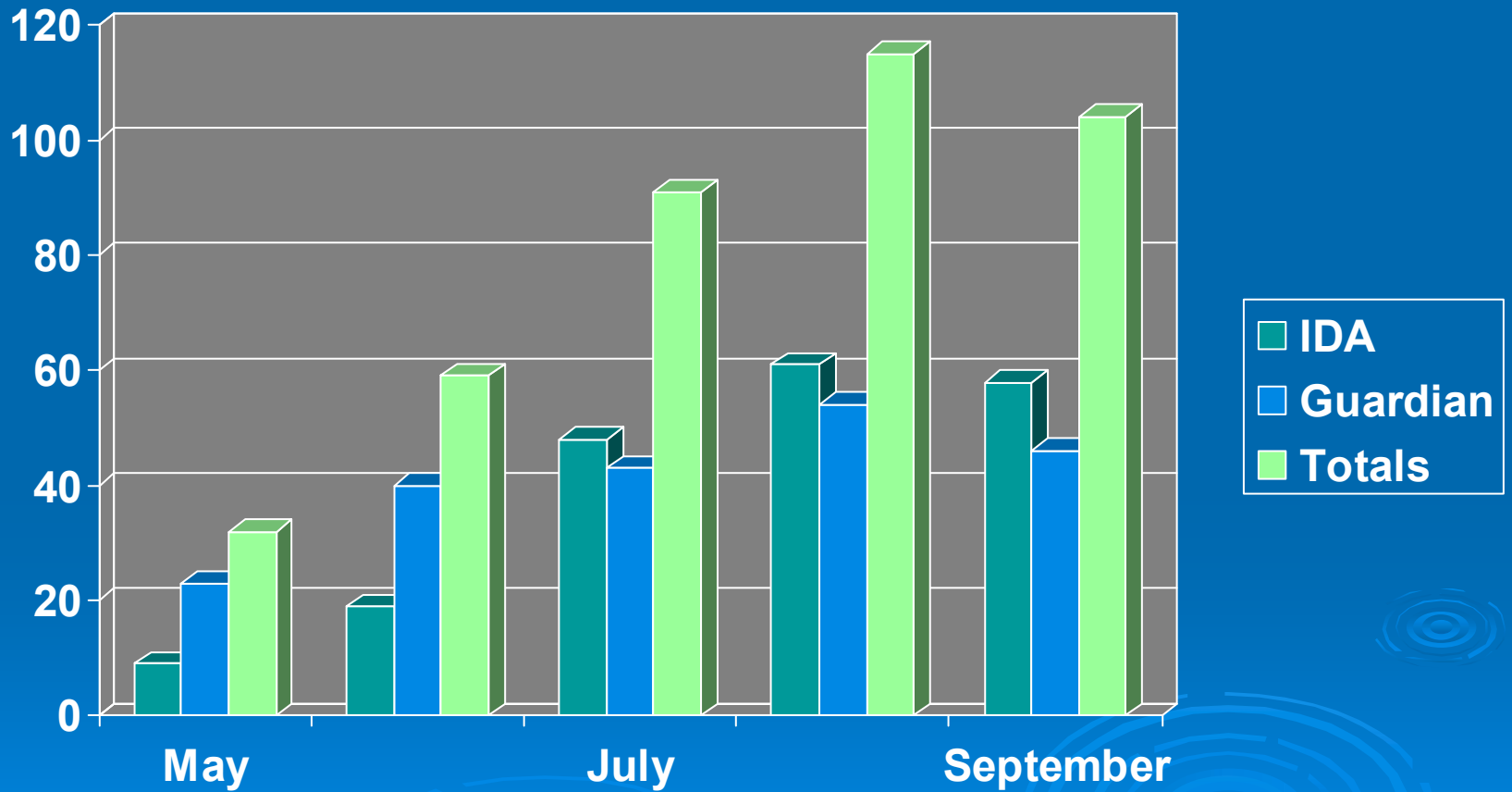
The Partners

- Georgian Bay Family Health Team (GBFHT) consists of 38 family physicians working with allied health professionals (Nurse Practitioner, Registered Nurses, Dietician, Social Worker)
- Mission is to improve overall health of the Georgian Bay population
- Collingwood YMCA, established within the community as being able to offer services and programs to local residents with their mission being inclusion for all.

Schedule of Clinics

- First three weeks of every month on Wednesday and Thursday from 9:30 am-12:30 pm, held at 2 local pharmacies.
- Total of 6 clinics per month

Stats of Clinic Attendance



Participation from Doctors

- Letters of invitation to participate in CHAP + AP program sent out to all 38 GBFHT physicians, signed by Dr. O'Halloran
- Original response was 13 doctors agreed to participate
- 10/13 requested personalized letters to be sent out to their patients.
- 14 doctors identified as having at risk patients from 2006- mailed out invites to attend CHAP + AP
- End of September sent out an update of the CHAP + AP program to all 13 doctors and then to remaining 25 doctors re-inviting them to become active participants with the program. 4 more doctors requested at risk letters to be sent out to their patients.

Individual Roles

~FHT~

- Georgian Bay Family Health Team (GBFHT) provided two RN to be available for consultation at the clinics.
- Nurses have attended all the clinics instead of being on call allowing for immediate attention to any situations/educational aspects that are required.

~Co-ordinator~

- At all the clinics for set-up/take down, assisting the volunteers with intake of participants, filling in forms, educating as required, getting people to do the heart and stroke risk profile and assisting through the clinics where needed.
- All other duties as per outlined by CHAP (clinforma, teleconferences, ordering of supplies and creating local resources information sheets)

~Volunteers~

- The main component of the clinics being a success.
- Recruited through advertisements at the Collingwood YMCA, the local hospital and advertisements in the local papers.
- Responsible for recruiting their peers, filling in forms, using the BpTRu machines and peer educational as they feel comfortable.
- Have maintained the relationship and desire for the volunteers to be a key component in the CHAP + AP program by offering occasional appreciation gifts and constant praise!

Ways of Attracting people to attend our Clinics

- At risk letters mailed out the end of July and end of September.
- Posters in all GBFHT doctors offices
- Tickets explaining dates/times/location of clinics delivered to pharmacies, doctor offices and at the clinics for people to take for their reference
- Sandwich board that is put out in front of the pharmacies explaining that there is a Free Blood Pressure Clinic being held today
- All participants are encouraged to attend multiple clinics in order to monitor their blood pressure, regardless if identified as being high or not.

Challenges we have experienced and overcome

- Encouraging veteran volunteers to advocate and participate with the Heart and Stroke risk profile.
 - Had all the volunteers do the risk profile to know what it was about
 - Asked the volunteers (especially the older ones) why they were not interested in the computer component- because they themselves are not very efficient on the computer
 - The younger volunteers (under the age of 60) and ones who are comfortable with the computer were willing to help with the risk profile. Now this is the role of the ones who feel comfortable with the computer as well as the coordinator. Having all volunteers encourage all participants to try the computer component at least once has been one of our goals at all the clinics.

Challenges we have experienced and overcome continued

➤ Privacy concerns

- Location of clinics (pharmacy and lobby of medical building) does not allow for privacy
- In pharmacy we have access to a small office with door, allowing for some confidentiality
- In medical building (GBFHT is housed in here) we can use one of the nurses office for consultation
- When obtaining risk profile information we encourage soft speaking to keep private information to a minimum, however some elderly people can still hear us so we have to raise our voices.

Testimonials

- After I finished teaching in June, my blood pressure was in the Stage 2 moderate category. I started walking 2 times a week for 30 minutes, drank only decaf coffee/tea and tried to control my stress level. By the time I returned to teaching in September, my blood pressure had reduced to the high normal range. I now know how to control my blood pressure and will continue to work on it throughout the school year. . Anonymous

Testimonials

- I had my blood pressure taken at a clinic one day and was at Stage 2 moderate. After returning three more times, I was still in Stage 2. I re-activated my gym membership, and began doing 30-40 minutes of cardio and 15 minutes of weights 2-3 times per week. I then returned to another clinic and now I am in the normal range of blood pressure, consistently! . CW

Testimonials

- If it was not for the blood pressure clinics, I would never have gone to my family doctor and found out that my cholesterol is high. This is a great program to offer to our community.
- Anonymous

Future Plans for CHAP+AP in Collingwood

- Expand into surrounding communities
- Have all 38 GBFHT physicians actively participating in the CHAP + AP program
- Continue offering information nights in regards to the modifiable risk factors
- Recruit more volunteers to continue offering this great program to local residents.

- For more information, please contact Cheryl Pinnell (cherylpinnell@gmail.com)